Firefighter Physical Conditioning Program: Calisthenics

Recruit Name _____ **Academy Start Date** _____

	W1		W2		W3		W4		W5		W6		W7		W8		W9		W10		W11		W12
MAXIMUM																							
1. Push-ups		+1		+1		+2		+1		+1		+2		+1		+1		+2		+1		+1	
MINIMUM	6		7		8		10		11		12		14		15		16		18		19		20
MAXIMUM																							
2. Chin-ups		+1		+0		+1		+0		+1		+0		+1		+0		+1		+0		+1	
MINIMUM	2		3		3		4		4		5		5		6		6		7		7		8
MAXIMUM																							
3. Dips		+1		+1		+1		+2		+1		+1		+1		+1		+1		+1		+1	
MINIMUM	6		7		8		9		11		12		13		14		15		16		17		18
MAXIMUM	24		24		24		24		24		24		24		24		24		24		24		24
4. Chair Squats		+1		+2		+1		+1		+2		+1		+1		+2		+1		+1		+1	
MINIMUM	10		11		13		14		15		17		18		19		21		22		23		24
MAXIMUM	24		24		24		24		24		24		24		24		24		24		24		24
5. Lunges and F T Lunges		+1		+1		+2		+1		+1		+2		+1		+1		+1		+2		+1	
MINIMUM	7		8		9		11		12		13		15		16		17		18		20		21
MAXIMUM	120		120		120		120		120		120		120		120		120		120		120		120
6. Bench Steps		+10		+0		+10		+10		+0		+10		+10		+0		+10		+0		+0	
MINIMUM	60		70		70		80		90		90		100		110		110		120		120		120
MAXIMUM	24		24		24		24		24		24		24		24		24		24		24		24
7. Standing Leg Lifts		+2		+1		+1		+2		+1		+1		+2		+1		+1		+1		+1	
MINIMUM	10		12		13		14		16		17		18		20		21		22		23		24
MAXIMUM																							
8. Curl-ups		+2		+1		+2		+1		+2		+1		+2		+1		+2		+2		+2	
MINIMUM	9		11		12		14		15		17		18		20		21		23		25		27
MAXIMUM	20		20		20		20		20		20		20		20		20		20		20		20
9. Opposite Arm & Leg Lifts		+2		+1		+2		+1		+2		+1		+2		+1		+0		+0		+0	
MINIMUM	8		10		11		13		14		16		17		19		20		20		20		20

Running requirements: Please reference page 37, Paragraph #1. Individuals are required to come in at week 6 level and will leave at 3 miles @ 8.5 min. mile.